



KEESLER NEWS

KEESLER AIR FORCE BASE, BILOXI, MISSISSIPPI

Train. Fight. Win.

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Blue, silver, gold stars honor military families

By Lt. Col. Karen Castillo
81st Training Wing voting office

When I was deployed last year, I learned about a military tradition I had never heard of which pays tribute to military family members whose loved ones are active duty or were wounded or killed in action.

If the military member is active duty, then the family is considered “blue star.” If the military member was wounded in action then, the family is considered “silver star,” and if the military member was killed in action then the family is considered “gold star.”

The terms refer to official military service flags, that use star emblems to represent family members serving during war or hostilities. The flag itself is a white field with a red border and a blue, silver or gold star. The blue star symbolizes hope and pride, the silver star, gallantry, and the gold star stands for a sacrifice made for honor and freedom.

Family members who are authorized to display service flags include spouses, parents, step-parents, adoptive parents, foster parents, children, step-children, adopted children, brothers, sisters, half-brothers and half-sisters. Service flags can have up to five stars. Gold stars must be positioned above blue stars or at the top right of the flag. Service flags should be smaller than the U.S. flag and must face out the front window of a residence.

The service flag was originally created in 1917 by Army Capt. Robert L. Queissner, who had two children serving in World War I. Later that year, it was adopted by the governor of Ohio as a symbol for parents with children in the armed services.

During my deployment, I met two gold-star family members who were active

duty themselves, Army Sgt. Nicole Van Aalten and Maj. Keiba Estelle. Aalten had been in the Air Force and then separated after her initial enlistment. After 9/11, her brother, who was nine years her junior, asked her to join the Army with him, so she did. They both deployed to Afghanistan together and unfortunately, her little brother was killed in action.

Estelle’s husband, Ray, was also an active duty major. He deployed in April 2011 and was killed on his first day of deployment to Kabul. He was one of nine air advisors who were gunned down by an Afghan lieutenant colonel in a briefing room. Ray left behind Keiba, Shayla, his 8-year-old daughter and Raymond, his 5-week old son. I served a year with Aalten and Estelle. They were impressive examples of leadership as they had the strength of steel and the hearts of gold. In April 2012, there was a one-year memorial service held for those who died during the air advisor massacre.

During that same time, the Air Force Air Advisor Academy at Joint Base McGuire-Dix-Lakehurst, N.J. dedicated an Air Advisor Memorial to pay tribute to the fallen air advisors and their families. The ceremony honored the nine members of the North Atlantic Treaty Organization Air Training Command-Afghanistan who were killed in action April 27, 2011, while serving as advisors and mentors to the people of Afghanistan. The memorial is designed in the shape of two stacked ‘A’s which represent both air advisors and aircraft wings. The larger outside wall holds plaques with the names of air advisors killed in the line of duty, while



Courtesy photo

Shayla and Raymond Estelle pay tribute to their father, Maj. Raymond Estelle, at the Air Advisor Memorial Ceremony April 27, 2012, at Joint Base McGuire-Dix-Lakehurst, N.J. They are part of the blue, silver and gold star families program created to pay tribute to family members of active-duty military or those wounded or killed in action.

the smaller inner wall holds a plaque dedicated to all fallen air advisors. For more information about the Air Advisor Memorial, visit www.airadvisormemorial.org.

A U.S. Central Command tradition is to pay tribute by lining the streets to salute those who were killed in action. Their remains were

flown to CENTCOM where their families met the aircraft and received their bodies. The members of CENTCOM saluted the hearse as it drove by. I usually stood by Aalten and Estelle. It was gut-wrenching to see the grieving family members as their cars drove by before the hearse.

During remarks at my

retirement ceremony Oct. 4, I told my guests about the gold star tradition and recognized both Aalten and Estelle with Swarovski gold star crystal pendants. I explained to everyone that military service does not come without sacrifice and both Aalten’s brother and Estelle’s husband gave the ultimate sacrifice.

Brig. Gen. Brad Spacy
81st Training Wing
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ON THE COVER

Maj. Gen. Timothy Byers, the Air Force Civil Engineer and Installation Excellence Award Selection Board member, is escorted by the 81st Training Support Squadron's Falcon mascot as they enter the Mardi Gras-themed breakfast with civic leaders and base leadership Jan. 10 at the Bay Breeze Event Center. Keesler is one of the top two bases competing for the Commander-in-Chief's Annual Award for Installation Excellence with a \$1 million top prize for quality-of-life initiatives.

Photo by Kemberly Groue



PHOTO OF THE WEEK



Photo by Herb Welch

Col. John Kubinec, Installation Excellence Award Selection Board member, receives instruction from Staff Sgt. Lester Lane, Keesler Honor Guard member, on the proper procedure and movements required during the gun salute portion of an internment ceremony Friday outside of the Airmen Leadership School. Keesler is one of the top two bases competing for the Commander-in-Chief's Annual Award for Installation Excellence, with a \$1 million top prize for quality-of-life initiatives. Keesler showed the board members various examples of team problem-solving, unit cohesiveness and enhanced productivity throughout their two-day visit.



THE WORLD'S BEST AIRMEN — TRAINING, FIGHTING, WINNING



Courtesy photo

Dr. Roscoe Brown, center, one of World War II's Tuskegee Airmen, is greeted at the pavilion by Airmen 1st Class Cameron Plouzek, left, 334th Training Squadron; Kristian Dehoyos and Caila Harrison, 335th TRS, and Senior Airman Wesley Noe at Saturday's dedication of the U.S. Freedom Pavilion Boeing Center at the National World War II Museum in New Orleans.

Keesler Airmen escort World War II veterans

By Susan Griggs

Keesler Public Affairs

History came alive for 11 Airmen from the 81st Training Group who served as honor escorts for World War II veterans at Saturday's dedication of the U.S. Freedom Pavilion Boeing Center at the National World War II Museum in New Orleans.

Keesler's student leaders served as the Air Force's representatives for a red carpet entrance to the new \$35-million facility. In addition, two members of the Keesler Honor Guard, Staff Sgts. Lester Lane and Vernon Peoples, participated in the joint service color

guard for the event.

NBC's Tom Brokaw was the master of ceremonies for the dedication of the pavilion that displays aircraft such as the B-17E Flying Fortress, B-25J Mitchell bomber, SBD-3 Dauntless dive bomber, TBM Avenger torpedo bomber and P-51D Mustang and Corsair F4U-4 fighters.

The 96-foot high structure also features a massive wall honoring World War II Medal of Honor recipients and an interactive submarine experience based on the final mission of the USS Tang.

"It was a tremendous opportunity to remember and honor those who served before

us, including my two grandfathers, and the sacrifices they made," said Airman 1st Class Cameron Plouzek, 334th Training Squadron.

Airman 1st Class Nelson Gosnell Jr., 336th TRS, felt humbled to participate in the ceremony, noting that "those that deserve our highest regards are the same heroes that go out of their way to shake my hand and thank me for my service. It's a true testament to the legacy of character and virtue that we must strive to replenish every day."

"The stories I heard and the people I saw have motivated me beyond measure," said Senior Airman Wesley Noe,

335th TRS.

A highlight of the trip for Airman Jorge Guajardo Jr., 338th TRS, was meeting Tuskegee Airman Roscoe Brown in the shadow of the P-51 Mustang he flew during World War II.

"With the number of World War II vets ever decreasing, every moment spent delving into their stories is a precious experience," explained Airman 1st Class Armon Bakhtiari, 336th TRS. "As an Airman, hearing those first-hand accounts of our core values being exhibited before our branch of service had even become the Air Force was truly humbling."

Airman 1st Class Daniel

Mustard, 338th TRS, stressed that "our history is indelible and future members of our military must remember those who sacrificed so much for our freedom."

Other Keesler representatives included 81st TRG military training leader Tech. Sgt. Julie Hammond and Senior Airmen Brock Parks, 334th TRS; Caila Harrison and Kristian Dehoyos, 335th TRS; and Justin Garner, 338th TRS.

The museum is located at 945 Magazine Street in New Orleans. For more information, log on to www.national-ww2museum.org or call (504) 586-8553.

Gen. McDew honors MLK at Keesler luncheon

By Senior Airman
Heather Heiney

Keesler News co-editor

Hundreds of Keesler members packed into the Bay Breeze Event Center ballroom Jan. 10 to honor the legacy of Dr. Martin Luther King Jr. and hear from Lt. Gen. Darren McDew, 18th Air Force commander and the event's keynote speaker.

The theme for the 2013 Dr. Martin Luther King Jr. Memorial Luncheon, hosted by Keesler's African-American Heritage Committee, was "Remember, celebrate, act ... a day on, not a day off."

"By ultimately giving his life in pursuit of a wonderful goal, Dr. Martin Luther King, Jr. not only changed the course of history in the United States of America and made us the great country we are, but he set the example for the world by showing them what is possible and what dedication to a cause can bring to a people," said Brig. Gen. Brad Spacy, 81st Training Wing commander, as he kicked off the luncheon.

McDew began his remarks by explaining that many of America's most important leaders have offered words that continue to resonate long after their deaths:

President Roosevelt: "Yesterday, Dec. 7, 1941 — a day which will live in infamy."

President Kennedy: "Ask not what your country can do for you; ask what you can do for your country."

President Lincoln: "All men are created equal."

Dr. King: "I have a dream."
"Those few words now belong to the ages and echo through the years," McDew said. "We must breathe new meaning into 'I have a dream,' and together as a free people, as Americans, we can realize a deeper and more profound dimension of Dr. King's dream."

The general went on to explain that Dr. King did not pursue civil rights for civil rights' sake, but to ensure that all people, no matter who they are, have the opportunity to experience their own rewarding personal journey.

"Dr. King led a life focused on improving the human condition and the spirit of his fellow man so that everyone could achieve his own greatness in the eyes of their creator," McDew said. "Dr. King understood that concepts like freedom and equality were the keys to unlock the door but it was up to each individual to determine whether the door would open to reveal a small, dank closet or a magnificent, grand ballroom."

Kurt Higgins, AAHC president and luncheon organizer, said, "I think it's important to have events like these to spread awareness. It's incumbent upon those of us who have lived through this history to share it."

Dr. King dismissed the notion of being famous, McDew explained, because it ran contrary to his life's work.

"Not everyone can be famous, but everyone can be great because greatness is determined by your service," King said.

"Dr. King understood that freedom without a personal commitment to excellence soon leads to an empty life measured by moments of merely taking breaths rather than a life quantified by breathtaking moments," McDew said. "Success is, in fact, up to you. It is about the content of your character. It's not about who you are, it's about who you're determined to be. It's not about where you come from, it's about where you are determined to go. It's about the freedom to dream big dreams, the freedom to work hard and achieve and the free-



Photo by Kemberly Groue

Lt. Gen. Darren McDew, 18th Air Force commander, Scott Air Force Base, Ill., greets Airmen before the annual Dr. Martin Luther King Jr. Memorial Luncheon Jan. 10 at the Bay Breeze Event Center. McDew toured the 403rd Wing and was the keynote speaker for the luncheon.

dom to believe and succeed."

When McDew was a child, he had the opportunity to live with his family in Europe and attend integrated Department of Defense schools. He said that while overseas, he was just Darren. It wasn't until his family returned to Virginia that he was subjected to discrimination. But he never let those early struggles stop him from reaching his full potential.

"I have worked at the Pentagon, the White House and the U.S. Senate; I have served the men, women and families of seven separate commands; and I have risen to the rank of lieutenant general because of God's grace, the struggles of many civil rights champions like Dr. King and the Tuske-

gee Airmen and because of fellow military men and women, civilians and family members of all races, just like you," McDew said. "I, just like you, have a unique story — not any better or worse, just a unique story, and someone asked me to come tell it."

"If it falls your lot to be a street sweeper, sweep streets like Michelangelo painted pictures, like Shakespeare wrote poetry, like Beethoven composed music; sweep streets so well that all the host of Heaven and earth will have to pause and say, 'here lived a great street sweeper,'" King said. "The ultimate measure of a man is not in where he stands in moments of comfort and convenience but where he

stands at times of challenge and controversy."

"Dr. King's commitment to excellence inspires us to live up to our own core value of excellence in all we do, but regardless of our roots, we remain first, foremost and always, Americans," McDew said.

The Dr. Martin Luther King Jr. annual luncheon precedes several events planned by the African-American Heritage Committee for Black History Month in February. Other events include soul food sampling, a basketball tournament, a bowling tournament, a free gospel concert and a luncheon. Proceeds received from the events benefit the Col. Lawrence E. Roberts Scholarship Fund.

SVC eligibility to include unprofessional relationships

By Tech Sgt. Beth Anschutz

AETC Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — The new Special Victims' Counsel Program starting Air Force-wide on Jan. 28 will be expanded to basic military trainees and technical training students who have been involved in unprofessional relationships of a physical and sexual nature.

The SVC pilot program is designed to provide victims of sexual assault support throughout the military justice process by providing independent legal representation designed for victims' distinctive needs.

"The Special Victim's Counsel is a very important addition to the system of support we already have in place to help victims of sexual assault," said Gen. Edward A. Rice Jr.,

commander of Air Education and Training Command. "It is an indication of how seriously we take the crime of sexual assault and how committed we are to addressing the needs of our Airmen who are victims of this offense."

The Special Victims' Counsel program entitles Air Force victims of sexual assault to legal counsel. It also entitles some categories of dependents as well as sister service mem-

bers who report being sexually assaulted by an Airman.

"In addition to the covered sexual assault offenses, entry-level Airmen who have been involved in an unprofessional relationship of a physical and sexual nature with instructors or staff from basic military training or technical school will also be entitled to SVC services," said Lt. Col. Andrea R-Ferrulli, Air Education and Training Command Judge

Advocate office.

Entry-level Airmen are generally those who have been in continuous active service for 180 days or less, according to Air Force Instruction.

"Sexual assault victims will now have a lawyer to provide advocacy and advice throughout the investigatory and trial process, a process which can be difficult and intimidating at times," R-Ferrulli continued.

Last year, available sexual assault statistics showed 29 percent of victims who filed a report to have a sexual assault investigated changed their minds before the trial convened and instead indicated they were no longer interested in cooperating with the prosecution. According to officials, this may indicate the Airmen had grown fatigued at the lengthy, sometimes confusing process involved in prosecuting a sexual assault.

"By building and sustaining resiliency among sexual assault victims and empowering them to fully participate in the justice process, the program will strengthen the military justice system," R-Ferrulli said.

Any eligible victim, whether making a restricted or unrestricted report of sexual assault, may obtain a SVC through a base's sexual assault response coordinator, who starts the referral process. The SVC program office will assign an SVC.

There are currently 60 military attorneys trained on how to effectively represent victims of sexual assault. Each Special Victims' Counsel is an experienced litigator with court-martial experience who was hand-selected by the Judge Advocate General of the Air Force. They represent only the victim of sexual assault with complete attorney-client confidentiality.

For more information on Special Victim Counsel program eligibility, contact Keesler's sexual assault response coordinator, 228-376-8635.

Tax office opens today

By Richard Brock

81st Training Wing attorney advisor

In general, no one has to be reminded when it is tax time again. Keesler's base tax office opens today and is in Sablich Center Room 229. Some state and federal return forms may be obtained at the same location and distribution racks are located outside of the tax office.

Following the January tax law changes made by Congress under the American Taxpayer Relief Act, the Internal Revenue Service announced it plans to open the 2013 filing season and begin processing individual income tax returns Jan. 30.

This means the tax office will prepare returns early, but not electronically transmit them until Jan. 30. The IRS will not accept any return prior to this date regardless of the preparer who does the return.

There will be four filing stations at the tax office. Each squadron will have one or more tax preparers and the listing of those preparers will be distributed when available. Tax preparers will be available 8 a.m. to 3 p.m. Mondays through Thursdays and 8 a.m. to 2 p.m. Fridays.

Before arriving at a tax preparation appointment or filing electronically, gather the following documents:

- All W-2s.
- Social security numbers for each family member claimed on the returns.
- All 1099s which reflect either interest earned, dividends received or retired pay.
- A copy of last year's return.
- A Form 8879 and state form have to be signed by all tax filers, so those filing jointly should have their spouse present or have the form pre-signed at the time of filing.

For more information, call 228-376-8144.

Five from Keesler on supplemental promotion list

Five Keesler enlisted members are on the supplemental promotion list released Jan. 10.

The list includes Airmen selected for promotion who tested outside of their required cycle due to an extended temporary duty or deployment in support of contingency operations.

Those being promoted from Keesler are:

Tech. Sgt. Vonett Farqu-

harson, 81st Logistics Readiness Squadron.

Senior Airman Kasey Bumgardner, 81st Diagnostics and Therapeutics Squadron.

Senior Airman Mary Anne Cooper, 345th Airlift Squadron.

Senior Airman Stanley DeJesus, 345th AS.

Senior Airman Jacoby Thompson, 81st Security Forces Squadron.

Panetta says fiscal crisis poses immediate threat

By Karen Parrish

American Forces Press Service

WASHINGTON — The “perfect storm of budget uncertainty” howling around his department is the biggest immediate threat facing the U.S. military, Defense Secretary Leon E. Panetta told reporters here today.

Panetta and Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, stressed during a regular Pentagon press conference that unless Congress acts, the nation’s military readiness will be compromised.

The United States has a number of adversaries around the world, Panetta said, “but the most immediate threat to our ability to achieve our mission is fiscal uncertainty: not knowing what our budget will be; not knowing if our budget will be drastically cut; and not knowing whether the strategy that we put in place can survive.”

Panetta emphasized that DOD “is doing its part” by implementing over the next decade the \$487 billion spending reduction set by Congress.

“We designed a strategy; we know what the elements of that strategy are; we built a budget based on that, and we achieved our savings by virtue of that strategy,” he said.

But the additional half-trillion-dollar “meat-axe cuts” sequester would trigger still loom “less than 50 days away,” the secretary noted.

“While we appreciate ... that both parties came together to delay sequester, the unfortunate thing is sequester itself, and the sequester threat, [was] not removed,” Panetta said. “And the prospect ... is undermining our ability to responsibly manage this department.”

Two other fiscal crises are meanwhile converging on the nation’s forces, he added:

- Because Congress didn’t approve an appropriations act for fiscal 2013, DOD has been operating under a continuing resolution and will do so at



Photo by Erin Kirk-Cuomo

Defense Secretary Leon E. Panetta and Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, brief the press at the Pentagon, Jan. 10. Panetta and Dempsey discussed the effects of sequestration if it were to take effect at the end of March.

least through March 27. The continuing resolution funds operations at fiscal 2012 levels, instead of the higher proposed fiscal 2013 levels Pentagon officials had anticipated.

- The debt-ceiling crisis, Panetta said, “could create even further turmoil that could impact on our budget and our economy.”

Looking at all three factors, the secretary said simply, “We have no idea what the hell is going to happen.” But DOD leaders do know that the worst-case scenario would mean “serious harm” to military readiness, he said.

Panetta noted defense strategy places the highest priority on operations and maintenance funding as the key to a ready force. He described the triple threat facing those funds:

- If Congress fails to pass

an appropriations bill for fiscal 2013 and instead extends the continuing resolution through the fiscal year, “overall operating accounts would decrease by about 5 percent ... about \$11 billion that would come out of [operations and maintenance funds].”

- If sequester occurs, “We would have to cut, in this fiscal year, another 9 percent, almost \$18 billion from ... these operating accounts as well.”

- To protect funding for the war in Afghanistan from required cuts, “We would again have to cut another 5 percent, another \$11 billion, from readiness money available in the active-duty base budget, and more for the Army and the Marine Corps.”

Panetta summed up: “We’re looking at a 19 to 20 percent reduction in the base budget operating dollars for active

units, including a cut of what looks like almost 30 percent for the Army.”

The secretary said practical results of these cuts would be less training for units not imminently deploying to Afghanistan; less shipboard training for all but the highest priority missions; less pilot training and fewer flight hours; curtailed ship maintenance and disruption to research and weapons modernization programs.

Civilian employees would also take a hit, he said. Unpaid layoffs, which the government calls furloughs, would put civilian employees temporarily out of work. This “would further harm our readiness and create hardship on them and their families,” Panetta noted.

A plan is in place to implement such layoffs if sequester happens, the secretary said.

“This action is strictly precautionary,” he said. “I want to make that clear: It’s precautionary. But I have an obligation to ... let Congress know that we may have to do that, and I very much hope that we will not have to furlough anyone. But we’ve got to be prepared to do that if we face this situation.”

Panetta said the net result of sequester under a continuing resolution would be “what I said we should not do with the defense budget, which is to hollow out the defense force of this nation.” Rather than let that happen, Panetta added, DOD leaders have decided to take steps to minimize the damage that would follow Congressional inaction.

“We still have an obligation to protect this country,” the secretary said. “So for that reason, I’ve asked the military services and the other components to immediately begin implementing prudent measures that will help mitigate our budget risk.”

Panetta said he has directed any actions taken “must be reversible to the extent feasible and must minimize harmful effects on readiness.”

But, he added, “We really have no choice but to prepare for the worst.” First steps to containing budget risk will include cutting back on facility maintenance, freezing civilian hiring and delaying some contract awards, the secretary said.

Panetta has also directed the services to develop detailed plans for how they will implement sequester-triggered cuts, if required, he said, “because there will be so little time to respond in the current fiscal year. I mean, we’re almost halfway through the fiscal year.”

The secretary said the intensive planning effort now under way will ensure the military is prepared to accomplish its core missions.

“I want to emphasize, however, that ... no amount of planning that we do can fully offset the harm that would re-

Col. John Kubinek, Installation Excellence Award Selection Board member, is welcomed by Lisa Wright, spouse of Lt. Col. Jonathan Wright, 81st Mission Support Group deputy commander, to a Mardi Gras-themed breakfast with civic leaders and base leadership Jan. 10 at the Bay Breeze Event Center. Keesler is one of the top two bases competing for the Commander-in-Chief's Annual Award for Installation Excellence with a \$1 million top prize for quality-of-life initiatives.

Photo by 1st Lt. Victoria Porto



Photo by Kemberly Groue

Airman 1st Class Tyler Giles-Johnson and Master Sgt. Tony Barattini, 338th Training Squadron, listen as Col. Albert Elton, selection board member, center, uses a microwave radio for voice and data communication across the installation at the Air Expeditionary Force training area.



Photo by Kemberly Groue

Maj. Gen. Timothy Byers, IESB member, presents Brig. Gen. Brad Spacy, 81st Training Wing commander, the Commander-In-Chief's Annual Award for Installation Excellence finalist plaque during the Mardi Gras themed breakfast.

Keesler showcases excellence to IESB team



Photo by Herb Welch

Chief Master Sgt. Jeffery Bryant, 81st Security Forces Squadron, and Kubinec walk down a pier next to the boat ramp at Keesler's marina during a tour of the marina and the 81st SFS's water craft.



Photo by Steve Pivnick

A first-responder medical team treats an amputation victim with a patient simulator during a demonstration for Col. Andrew Gebara, selection board member, as Brig. Gen. (Dr.) Kory Cornum, 81st Medical Group commander, right, explains the event at the Keesler Hospital Friday.

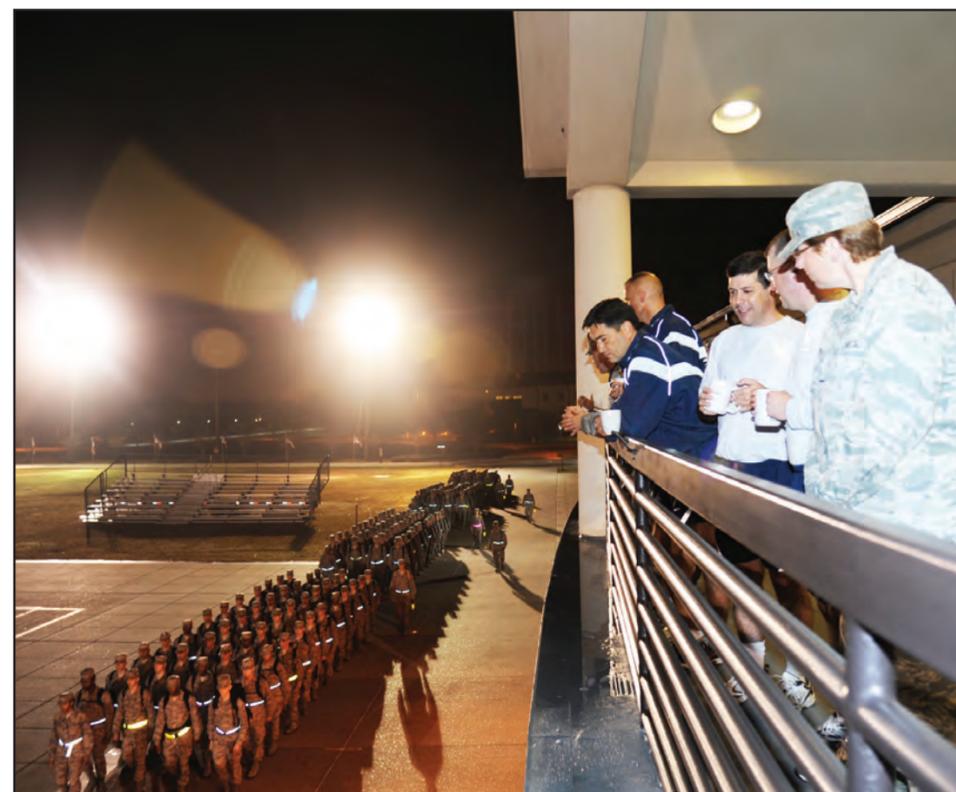


Photo by Kemberly Groue

Selection board members and 81st Training Wing base leadership watch training students march in formation to their classes Friday from the balcony of the Levitow Training Support Facility.



Photo by Kemberly Groue

Col. Maureen Smith, 81st Training Group commander, stands by for assistance as Elton receives a briefing by Tomme Lassabe, 81st Training Support Squadron, on the importance of upgraded computer numerically controlled equipment — with recent manning cuts within trainer development — to continue mission success.

sult from sequestration, if that happens," he added.

Panetta said U.S. service members are working and fighting, and some are dying, every day.

"Those of us in Washington need to have the same courage as they do to do the right thing and try to protect the security of this country," he added. "We must ensure we have the resources we need to defend the nation and meet our commitments to our troops, to our civilian employees, and to their families, after more than a decade of war."

Congress must pass a balanced deficit reduction plan, de-trigger sequester, and pass the appropriations bills for fiscal 2013, he said.

"I'm committed to do whatever I can in the time I have remaining [in office] to try to work with the Congress to ... resolve these issues," Panetta said. "We have a vital mission to perform, one that the American people expect and that they are entitled to, which is to protect their safety and to

protect our national security. Congress must be a partner in that mission. I'd love to be able to do this alone, but I can't."

Dempsey offered his view of what wreckage the fiscal "storm" would leave behind.

"As I've said before, sequestration is a self-inflicted wound on national security," the chairman said. "It's an irresponsible way to manage our nation's defense. It cuts blindly, and it cuts bluntly. It compounds risk, and it ... compromises readiness. In fact, readiness is what's now in jeopardy. We're on the brink of creating a hollow force, the very thing we said we must avoid."

Dempsey noted sequestration may now "hit" while the department, under a continuing resolution, is also implementing "the deep cuts already made in the Budget Control Act" and fighting a war in Afghanistan.

"Any one of these would be a serious challenge on its own," Dempsey said. "Together, they set the conditions for readiness to pass a tipping point as early as March."

DOD won't shortchange those in combat, and will resource those who are next to

deploy while still caring for wounded warriors and their families, the chairman said.

"But for the rest of the force, operations, maintenance and training will be gutted," Dempsey said. "We'll ground aircraft, return ships to port, and sharply curtail training across the force. ... We may be forced to furlough civilians at the expense of maintenance and even health care. We'll be unable to reset the force following a decade of war."

Military readiness will begin to erode immediately, Dempsey said, telling reporters, "Within months, we'll be less prepared. Within a year, we'll be unprepared."

The crisis "can and must be avoided, the sooner, the better," the chairman said.

"We need budget certainty; we need time to absorb the budget reductions; we need the flexibility to manage those reductions across the entire budget," he said. "We have none of these things right now. And without them, we have no choice but to steel ourselves for the consequences."

Be considerate. Keep your car radios at a reasonable volume.

Air Force releases new 'vision' document

By Master Sgt. Jess Harvey

Air Force Public Affairs Agency

WASHINGTON — The Air Force released a new Vision document today outlining the force's vision and way forward.

"Focused on 'Airmen, Mission, and Innovation,' I believe this short document captures what today's Air Force is all about and where I think we ought to focus on for tomorrow," said Air Force Chief of Staff Gen. Mark A. Welsh III in an email to all Airmen.

"We are the greatest air force in the world because of our Airmen — active, reserve, guard and civilian — to remain the greatest, we must make our team even stronger," the Vision states.

The Vision discusses the Air Force's enduring contributions of air and space superiority; intelligence, surveillance, and reconnaissance; rapid global mobility; global strike; and command and control and the need to strengthen them.

"We already combine our air, space, and cyber forces to maximize these enduring contributions, but the way we execute these five calling cards must continually evolve as we strive to increase our asymmetric advantage," the Vision says. "Our Airmen's ability to rethink the battle while incorporating new technologies will improve the varied ways our Air Force accomplishes its missions.

"Every Airman should constantly look for smarter ways to do business. The person closest to the problem is often the one with the best solution. Leaders should empower Airmen to think creatively, find new solutions, and make decisions," according to the Vision.

The Vision concludes with a call to action for all Airmen to tell their story, being proud of who they are, what they do, and how well they accomplish the mission.

To view the vision document go to <http://www.af.mil/shared/media/document/AFD-130110-114.pdf>.

KEESLER NOTES

Financial aid class

A college financial aid preparation class is scheduled for 1:30 p.m. Feb. 7 at the airman and family readiness center. Learn about the Free Application for Student Financial Aid, deadlines, common grants and loans and other resources. Presenters are from the Mississippi Gulf Coast Community College and the University of Southern Mississippi. Though the federal financial aid information is generic, other information will be specific to Mississippi. Call 228-376-8728 to register in advance or stop by Sablich Center Room 110.

AFAS grants

The Air Force Aid Society offers students an opportunity

to get up to \$7,000 through needs-based education grants worth \$2,000. Also, AFAS offers incoming college freshman an opportunity to compete for one of ten \$5,000 merit-based scholarships. To apply visit <http://afas.org/education-grants>.

PCSM scoring change

Effective Feb. 14, Pilot Candidate Selection Method, AFOQT-Pilot and AFOQT-CSO (previously AFOQT-Navigator) scores will change based on updated algorithms and scoring norms. A separate AFOQT air battle manager composite will also be introduced. Scoring changes will affect pilot, RPA, CSO, and ABM candidates meeting selection boards beginning in August.

Scores will automatically be converted using the new method for most candidates, although candidates who completed the AFOQT prior to 2006 (before AFOQT Form S) will be required to re-test. Candidates may verify whether their score of record is Form S at <https://w20.afpc.randolph.af.mil/afoqtsnet20/default.aspx>

Candidates will also be able to check their new scores on the PCSM website beginning Feb. 14.

For more information go to <http://access.afpc.af.mil/pcsmdmz/index.html> or email afpc.pcsfm@us.af.mil.

Smile clinic

The Keesler Dental Clinic is hosting Give Kids a Smile Day 7-11 a.m. Feb. 13 at the dental clinic for dependents ages 3-12 of active-duty or retired military members. To sign up, go

to <http://www.signupgenius.com/60B0F4AACAE2AA13-2013> and enter the access code, smile.

Soccer team meeting

The Keesler soccer team meets 5:30-7 p.m. Mondays and Wednesdays at the multipurpose fields and everyone is encouraged to come out and play. Official team tryouts for the Defender's Cup at Lackland Air Force Base, Texas, will be held in May.

Exchange inventory

Due to inventory for fiscal year 2012, the exchange will be closed Jan. 23 and will re-open Jan. 24.

81st MDG minimal services

The 81st Medical Group will have minimal services available on the following days:

Monday — Martin Luther King Jr. Day.

Feb. 14 — Contingency response training.

Feb. 18 — President's Day.

Feb. 28 — Contingency response training.

Immigration assistance

From 8 a.m. to noon today, a representative from the U.S. Citizenship and Immigration Services will be in the legal office to meet with military members, their families, retirees and their dependents to answer questions about the immigration application process and how being a military member helps the immigration process. Appointments are recommended, but walk-ins are seen as time allows.

For more information or to schedule an appointment, call 228-376-8601.

81st TRW quarterly awards

The 81st Training Wing quarterly awards luncheon is scheduled for 11 a.m. Jan. 25 at the Bay Breeze Event Center.

AFSA

The next Keesler Air Force Sergeants Association meeting will be held noon to 1 p.m. Jan. 24 in the Sablich Center auditorium.

AFSA will be discussing current legislature that affects benefits and the all the upcoming fundraising and community volunteer opportunities. Members and non-members are welcome to attend.

Importing pets

Since July 3, 2004, the import of dogs, cats and ferrets coming from non-European countries is regulated by the European Ordinance # 998/2003.

The purpose of this regulation is to protect Europe from the introduction and dissemination of rabies. The health requirements of pets are that they are required to be older than three months and vaccinated against rabies. They have to comply with the rabies condition in the third country of origin as well as the receiving EU-member state.

During passenger travel, a maximum of three pets of one species may be imported without an import license. The animals must not be destined for change of owner. The import of pit bull terriers, American Staffordshire terriers, Staffordshire bull terriers and their crossbreeding is prohibited. Up to three domestic birds and rabbits may also be imported without an import license unless they suffer from a contagious disease which needs to be supported by a veterinary certificate.

The fee for the import examination is \$73.70.

81st TRG awards

The 81st Training Group quarterly and annual awards ceremony and commander's call is 2:30 p.m. today at the Roberts Consolidated Aircraft Maintenance Facility multipurpose room. The ceremony is open to all Keesler personnel.

For more information call 228-377-1975 or 228-377-3711.

USM

University of Southern Mississippi admissions counselors and a USM academic advisor and student services coordinator for the College of Nursing, will be in front of the Keesler Medical Center cafeteria, 10 a.m. to 2 p.m. Tuesday.

Keesler Events Calendar

Today

9 a.m. — Military spouse preference program at the airman and family readiness center.

4:30 p.m. — Library and community center focus group at the Vandenberg Community Center.

6 p.m. — Wreath and bow making class at the arts and crafts center.

Friday

5 p.m. — Two-for-one steak night at the Bay Breeze Collocated Lounge.

— Family game night at the Bay Breeze Community Center.

6 p.m. — Cocktails and canvas at the arts and crafts center.

Saturday

10:30 a.m. — Pottery wheel class at the arts and crafts center.

1 p.m. — Polar bear regatta at outdoor recreation.

8 p.m. — Wild, Wild West party at the Vandenberg Community Center.

Wednesday

8 a.m. — Newcomers ori-

entation at the airman and family readiness center.

9 a.m. — Job skills briefing at the airman and family readiness center.

5 p.m. — Family dinner night (flying pasta) at the Bay Breeze Collocated Lounge.

6 p.m. — Watercolor painting at the arts and crafts center.

Jan. 24

9 a.m. — Interview skills and salary negotiation workshop at the airman and family readiness center.

6 p.m. — Introduction to sewing 101 at the arts and crafts center.

Jan. 25

11 a.m. — 81st Training Wing quarterly awards luncheon at the Bay Breeze Event Center.

5 p.m. — Boss and buddy night at the Bay Breeze Collocated Club.

— Texas Hold'em tournament at the Bay Breeze Collocated Club.

6 p.m. — Ladies night at the arts and crafts center.

Jan. 27

7 p.m. — Tops in Blue

at the Mississippi Coast Coliseum.

Jan. 28

1 p.m. — Civilian format resume writing class at the airman and family readiness center.

Jan. 29

5:30 p.m. — Monthly birthday dinner at the Azalea Dining Facility.

Jan. 30

6 p.m. — Watercolor painting class at the arts and crafts center.

Jan. 31

1 p.m. — Ten steps to a federal job class at the airman and family readiness center.

3:30 p.m. — Airman on the move class at the airman and family readiness center.

5 p.m. — Family ceramic night at the arts and crafts center.

— Youth wildlife poster contest entries due at outdoor recreation.

— Retreat ceremony at the flagpole in front of 81st Training Wing headquarters.

Keesler child overcomes challenges with activity

By Susan Griggs

Keesler Public Affairs

Emily Doane is a spunky blonde second grader with sparkly eyes and a passion for running, soccer, gymnastics and snow skiing. It's hard to imagine that she was born nine weeks premature with under-developed lungs, spent a month in neonatal intensive care and was diagnosed with asthma when she was 4 years old.

Emily now holds the Mississippi record for the 6- to 7-year-old age division in the 8-kilometer distance, after previously clinching the 5-K record. She's run numerous 5Ks, two 8Ks, the 5-mile Seabee Mud Run and children's Spartan Race in Perkinston, Miss.

"My wife, Jessica, and I got Emily involved in physical activities, mainly running and soccer, to help strengthen her lungs and deal with the affects of asthma," said her dad, Master Sgt. Michael Doane, 2nd Air Force. Emily's mom is a cardiac telemetry and emergency room at Garden Park Medical Center in Gulfport.

"When we got stationed at Keesler in August 2009, we got Emily involved in organized soccer," recalled her dad, who's been in the Air Force for 14 years. "As she began to run more with the other kids, Jessica became concerned about Emily's breathing and we brought her to the Keesler Hospital for a checkup.

"Emily failed the breathing test miserably and was diagnosed with asthma," Doane continued. "She was given two inhalers to use for six months — one for routine use and one for emergencies. After six months of treatments, there was no change, but Emily continued playing soccer and riding a bike. After a year of inhalers and no change, my wife conferred with several doctors and we decided to take her off the inhaler routine for a while."

Emily was also enrolled in the Exceptional Family Member Program, a mandatory Defense Department initiative that helps military families



Courtesy photo

Emily gets down-and-dirty for the Spartan Mud Run obstacle race Nov. 10 in Perkinston, Miss.

with special medical and educational needs.

The Doanes are avid runners and have competed in events with Emily in a jogging stroller ever since she was a baby. One day, Emily told her dad that she wanted to run with her parents and she's never looked back. She likes to run the 5Ks because "the 1-mile races for kids are too short."

Because of sports and running, Emily hasn't used her inhaler in more than 18 months. She's used physical activity to strengthen her lungs and to understand what "restricted breathing" feels like.

"Our vacations are always based around something active," Doane added. "This summer we went hiking in the Great Smoky Mountains National Park and over Christmas exodus, Emily wanted to learn to ski for her Christmas present."

Emily says she likes the confidence she feels when she finishes a run and enjoys the fun and exercise of playing soccer. A second grader at

Exceptional family member program

By Susan Griggs

Keesler Public Affairs

At Keesler, 231 families are currently enrolled in the Air Force's Exceptional Family Member Program, according to Ann Allen, a licensed clinical social worker who serves as the special needs coordinator for the 81st Medical Group.

This program is designed to provide support to military family members with special medical or educational needs. The mandatory Defense Department program has three facets. Assignments are administered by the Air Force Personnel Center. At Keesler, Allen is responsible for the medical component and Gerry Cross from the airman and family readiness center takes care of school and community support needs. All three func-

Harrison Central Elementary School in Gulfport, she says math and physical education are her favorite subjects.

Emily said that someday she'd "like to be a champion and be on TV like Team USA Olympics." Her dad says she's

talked about becoming an Air Force nurse so she can do what both of her parents do all in one.

"My life goal is to grow up and be an awesome person," she stated.

The Doanes have gotten orders for Little Rock Air Force

tions work with other military and civilian agencies to enhance the quality of life for families as they relocate around the world with their sponsors.

"We have been working really hard to make sure that we identify those that have special needs and that they are receiving the services or resources that they need," Allen said.

EFMP's goal to ensure Air Force sponsors are assigned or employed in locations that support both the accomplishment of the mission and the wellbeing of families.

Melba Harris, Keesler's family member relocation clearance coordinator, ensures that specialized care and services are available at the projected gaining location.

For more information, call 228-376-3427, -5605 or -8505 or log on to www.militaryyonesource.com.

Base, Ark., so they are working with the EFMP program to make sure Emily's needs are met in their new location.

"We are extremely proud of Emily and how she has used activity to overcome some tough times," Doane said.

Be healthier: how Keesler agencies can help

By Senior Airman
Heather Heiney

Keesler News co-editor

Editor's note: This is the second in a series of four on common New Year's resolutions.

For many people the New Year brings with it the desire to start fresh, set goals and do something to make themselves better in one way or another.

While not everyone creates a resolution each year and those that do tailor their goals to their specific needs, four of the more common resolutions are to quit smoking, be healthier, help others and learn more. Each week throughout the month of January, this series will explore the four resolutions above and how different Keesler agencies can help individuals reach their goals.

Week two: Be healthier.

One of the reasons the goal to become healthier is one of the most common and most difficult resolutions to achieve is because it is an emotional and physical challenge. It is not easy for the body to step outside of its comfort zone and change and the brain attempts to convince the body the effort isn't worth it or that the task is too difficult.

However, people who want to be healthier should remember that the body can adapt to almost anything with enough time and repetition and there is help available for everyone.

At Keesler there is something for everyone including three gyms; three running tracks; a multi-purpose court for tennis, basketball and badminton or volleyball; soccer fields; volleyball courts; a swimming pool; both traditional and disk golf courses; an inline or skateboarding rink; intramural and varsity sports teams; the health and wellness center and outdoor recreation.

Al Ciampa, Keesler exercise physiologist, said that to get more fit people just need to get moving.

"Choose something you en-



Maj. Gen. Timothy Byers, left, and Col. Albert Elton, Installation Excellence Award Selection Board members, work out with kettle bells at the Warfighter Fitness Court Friday at the Dragon Fitness Center.

joy and the likelihood of success increases," Ciampa said.

He said that if someone simply wants to improve their health, all they need to do is walk briskly for 30-45 minutes per day. However, if they have a more specific goal, such as passing the Air Force physical fitness test, they need to tailor their training to that goal.

He said that in his opinion the best way to train for the physical fitness test is to strengthen the core muscles first. This not only helps increase the number of sit ups a

person can do, but along with speed work can help decrease run time. Ciampa also said that besides actually doing pushups, another way to build those muscles is to do standing overhead presses.

Along with getting up and moving, those who strive to be healthier should be mindful of what they eat.

Kim Krapcha, HAWC dietitian, said that the easiest way to a healthier diet is to identify problem areas and make small changes over time.

"It is a lifestyle change as

opposed to a diet," Krapcha said. "Make your goals obtainable and easy to reach."

She also suggested making short and long-term goals, giving specific numbers instead of using the general terms more or less and getting help from others.

"Things are easier to do in groups of people on the same level," Krapcha said. "It helps you keep support and motivation."

Some specific ways to improve nutrition are eating more meals at home, eating more fruits and vegetables, staying away from pre-processed

foods and drinking water.

Almost everyone fails at their fitness goals at some point or another, but Krapcha said that people should use that as a time of reflection to figure out where they went wrong and what they can do to improve.

For more information on free fitness classes and personal trainers, outdoor recreation equipment rental and hours of operation visit www.keesler81fss.us. For more information about programs and products offered by the HAWC call 228-376-3173.

Photo by Kemberly Groue



Tops in Blue coming to Keesler Jan. 27

Tops in Blue, an all-active duty Air Force special unit made up of talented amateur performers, is putting on a free show at the Mississippi Coast Coliseum 7 p.m. Jan. 27. Tops In Blue is one of the oldest and most widely traveled entertainment groups of its kind. Composed of 35 to 40 of the most talented vocalists, musicians, danc-

ers and technicians anywhere, their primary purpose is to perform for military personnel and their families throughout the world. However, the enormous popularity of the group has also made them America's goodwill ambassadors around the globe. For more information, go to www.topsinblue.com

